



2a. Selection Worksheet Instructor's Guide



Set-up

- Make copies of "WIC Foods Selection Worksheet" for each trainee
- Secure copies of current WIC Approved Foods List for each trainee
- Review answer key

During the Activity

- Explain that the following exercise will increase awareness of whether foods are WIC approved and increase familiarity with WIC Approved Foods List
- Hand out worksheet and WIC Approved Foods List to each trainee
- Read directions and answer questions
- Set time limit and have trainees begin working
- Assist as needed

After the Activity

- Review correct answers
- Discuss errors made
 - Emphasize need to carefully read labels and compare with details in WIC Approved Foods List
 - Have trainees correct errors on worksheet
- Ask for questions about WIC foods selection
- Remind trainees to use WIC Approved Foods List located at register to answer questions about food selection